

# Cardiovascular Disease Mortality and Risk Factors

## *in the Four Corners Health Department Region*

---



### **Four Corners Health Department**

Counties: (Butler, Polk, Seward, and York)  
2325 North Nebraska Avenue  
York, NE 68467  
Phone: (402) 362-2621  
Fax: (402) 362-2687  
Email: [fourcornershealth@alltel.net](mailto:fourcornershealth@alltel.net)

---

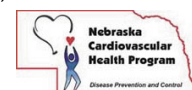
Although not statistically significant, the age-adjusted mortality rates for heart disease and sudden cardiac death in the Four Corners Health Department region are higher than those for all Nebraska residents. In contrast, the mortality rate for stroke in the Four Corners region ranks lowest out of the 18 health departments presented in this report (although not significantly different from the state as a whole). Of the 18 local public health departments in this report, adults in the Four Corners region rank second highest (out of 18) for consuming five or more servings of fruits and vegetables daily and lowest for diagnosed diabetes (although these percentages are not significantly different from the state as a whole). However, in contrast, the percentage of adults that smoke cigarettes in the Four Corners region (17.2%) is significantly lower than the statewide percentage (21.9%) and a greater percentage of adults have health care coverage (among those 18-64 years old) and engage in leisure time physical activity as compared to the state overall.

---

### **Regionally specific supplement to:**

*Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions.* Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

Nebraska Cardiovascular Health Program  
301 Centennial Mall South, P.O. Box 95044  
Lincoln, NE 68509-5044  
402-471-2101



**Full copy available for download at: <http://www.hhs.state.ne.us/cvh>**

# Four Corners Health Department

## Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Butler, Polk, Seward and York	38.4 years	H.S Grad / GED or higher	86.4%	Number	Percentage
Total population 45,500	Median income \$39,163	Baccalaureate / Graduate degree	17.7%	White,non-Hispanic	44,229 97.2%
				Minority	1,271 2.8%

Source: 2000 Census

## Mortality and Risk Factors

### Mortality Due to Cardiovascular Disease Among Residents in Four Corners Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	
Total Cardiovascular Disease	1,043	298.1	18.1	502	374.8	32.8	541	242.9	20.5	1.54 <sup>+</sup>
Heart Disease	813	232.8	16.0	416	310.8	29.9	397	177.1	17.4	1.75 <sup>+</sup>
Sudden Cardiac Death	439	122.7	11.5	214	159.2	21.3	225	97.1	12.7	1.64 <sup>+</sup>
Stroke	158	44.7	7.0	61	45.1	11.3	97	44.5	8.9	1.01

Source: Nebraska Vital Records

<sup>+</sup> The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

### Risk Factors for Cardiovascular Disease Among Adults in Four Corners Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	
<sup>1</sup> Current Cholesterol Screening	448	64.4	5.3	171	63.8	8.4	277	65.0	6.8	0.98
<sup>2</sup> Diagnosed Diabetes	841	4.0	1.4	312	2.9 <sup>++</sup>	1.9	529	4.9	1.9	0.58
<sup>3</sup> 5-a-day Consumption	515	23.6	6.2	186	21.3	11.5	329	25.8	5.5	0.83
<sup>4</sup> Diagnosed High Blood Cholesterol	346	29.0	5.5	128	24.8	8.1	218	32.3	7.4	0.77
<sup>5</sup> Diagnosed High Blood Pressure	465	22.1	4.0	175	14.8 <sup>++</sup>	5.1	290	28.1	5.8	0.53 <sup>-</sup>
<sup>6</sup> No Health Care Coverage, 18-64	594	8.3 <sup>++</sup>	2.5	235	7.5 <sup>++</sup>	3.6	359	9.2	3.5	0.82
<sup>7</sup> Obese	792	18.6	3.2	308	20.2	5.3	484	17.0	3.7	1.19
<sup>8</sup> No Leisure Time Physical Activity	707	21.2 <sup>++</sup>	3.5	259	21.4	5.7	448	21.0 <sup>++</sup>	4.3	1.02
<sup>9</sup> Current Cigarette Smoking	838	17.2 <sup>++</sup>	3.0	310	17.8 <sup>++</sup>	4.8	528	16.7	3.8	1.06

Source: Nebraska Behavioral Risk Factor Surveillance System

<sup>++</sup> The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

<sup>--</sup> The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

<sup>+</sup> The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

<sup>-</sup> The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

<sup>a</sup> Documented number of deaths from each cause between 1999 and 2003

<sup>b</sup> Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

<sup>c</sup> Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

<sup>d</sup> Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

<sup>e</sup> Non-weighted sample size for each risk factor

<sup>f</sup> Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

<sup>1</sup> Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

<sup>2</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

<sup>3</sup> Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

<sup>4</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

<sup>5</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

<sup>6</sup> Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

<sup>7</sup> Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

<sup>8</sup> Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

<sup>9</sup> Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days